



# 喂养 38 周前出生的婴儿 或小于孕龄（低于第十百分位数） （中文 - 普通话，广东话和其他方言）

## Feeding Plan for Infants Born Before 38 weeks or Small for Gestational Age (Below 10th percentile) (Chinese – Mandarin, Cantonese, and Other Dialects)

婴儿出生时较胎龄小的婴儿大小比较小，体重低于胎龄的第 10 百分位数。与较大的婴儿相比，这些婴儿在含住乳头，吸吮和吞咽方面更有困难。很多这样大小出生的婴儿不能始终一致地好好喂奶，要等到他们变大一点才会。

Infants born Small for Gestational Age are smaller in size with a weight below the 10th percentile for the gestational age. These infants have more difficulty with latch, suck and swallow than a larger infant. Many infants born at this size are not able to consistently feed well until they get bigger.

晚期早产儿是指怀孕满 34 周至 36 周又 6 天出生的婴儿。这些婴儿还未成熟，可能比足月生的婴儿还嗜睡、更难吸住乳头、吸吮和吞嚥。许多这个胎龄出生的婴儿无法稳定地好好吃奶，直到他们长到足月（胎龄 38 - 40 周）的时候。

Late Preterm infants are born between 34 0/7 to 36 6/7 weeks gestation. These infants are immature, and may be sleepier and have more difficulty with latch, suck, and swallow than a full-term infant. Many infants born at this gestation are not able to consistently feed well until they reach full-term age between 38 to 40 weeks gestation.

早产儿是指出生时胎龄 37 周至 37 周又 6 天的新生儿。这些婴儿中有些可以表现出有效喂食的信号（深吸乳头、有力吸吮和可听到的吞嚥声），其他的婴儿喂食表现则与晚期早产儿相似。您的授乳顾问或护士将评估喂食情况，以判断这项计划是否对您的宝宝合适。Early Term infants are born between 37 0/7 to 37 6/7. While some of these infants are able to demonstrate signs of effective feeding (deep latch, strong suck and audible swallows), others demonstrate feeding behaviors similar to late preterm infants. Your lactation consultant or nurse will assess a feeding to determine if this plan is appropriate for your infant.

我怎么知道我的宝宝吃够了母乳？

How do I know if my infant is breastfeeding enough?

让您知道宝宝是否有效地哺乳而有适量摄取的信号是：

Signs of adequate intake that let you know your infant is breastfeeding effectively are:

年龄 Age	小便与大便 Urine and Stool	体重减轻 Weight loss
出生 - 24 小时 Birth-24 hours	1 次小便与 1 次大便 1 urine and 1 stool	少于 3% Less than 3 %
24 - 48 小时 24-48 hours	2 次小便与 2 次大便 2 urine and 2 stools	少于 7% Less than 7%
48 - 72 小时 48 -72 hours	3 次小便与 3 次大便 3 urine and 3 stools	少于 7% Less than 7 %

以下的建议将帮助您和您的晚期早产儿/早产儿能够在喂母乳上有个好的开始：The following recommendations will help you and your Late Preterm/ Early Term infant get off to a good start with breastfeeding:

- 婴儿出生后，尽可能尽早地练习与他有肌肤接触，之后也尽可能多多接触。Practice **skin to skin contact** with your infant as soon as possible after birth, and as much as possible thereafter.
- 宝宝出生后一个小时内您就开始尝试喂母乳。Attempt breastfeeding within your infant's first hour of life.
- 任何时后您的宝宝显出饥饿的暗示时就鼓励他吃奶（伸舌头、舔嘴唇、把手放到嘴边）。哭泣是婴儿肚子饿时发出的晚期信号。Encourage your infant to feed whenever they are giving hunger cues (**thrusting the tongue, licking lips, bringing hands to the mouth**). Crying is a late sign of hunger.
- 有时侯，如果您的宝宝没有发出饥饿的暗示（这对晚期早产儿并非是不寻常的现象），您可能需要把他叫醒。每 24 小时应该喂您的宝宝 8-12 次，或是每 2-3 小时喂一次。Sometimes, it may be necessary to wake your infant if they do not give hunger cues, which is not unusual in the late preterm infant. Your infant **should be breastfed 8-12 times per 24-hour period, or every 2-3 hours.**

以下的哺乳计划将有助于确定您的宝宝吃到足够的奶：The following feeding plan will help ensure your infant is getting enough milk:

- 挤压乳房有助增加奶水从您的乳房流出。仔细听吞奶的声音。Use **breast compression** to help increase the flow of milk from your breast. Listen for audible swallowing.
- 每 2 -3 小时将宝宝叫醒喂母乳。宝宝应该能好好地吸住乳头，并吸吮至少 10 - 15 分钟。Wake your infant and offer breastfeeding every 2-3 hours. Your infant should latch well and **suckle for at least 10-15 minutes.**

- 您的宝宝吃完母乳后还须给他挤出的母乳或婴儿配方奶来补充，直到他们能显示出有效吸奶的记号（吸吮有力与吞奶的声音）为止。**Your infant will need to be supplemented after breastfeeding** with expressed breast milk or formula until they are able to demonstrate signs of effective feeding (strong suck with audible swallows).
- 每次喂完母乳后，我们建议您还得提供**至少**以下额外的补充奶量：After each breastfeeding session, we recommend that you offer your infant **at least** the following additional amounts of milk:

出生后头 24 小时 First 24 hours of life	出生后 25 – 48 小时 25-48 hours of life	出生后 49 – 72 小时 49 -72 hours of life	出生 73 – 96 小时 73-96 hours of life
<b>5 - 10 毫升</b> <b>5-10 ml</b> 每 2 - 3 小时 Every 2-3 hours 每天至少 8 次 At least 8 times a day	<b>10 - 30 毫升</b> <b>10-30 ml.</b> 每 2 - 3 小时 Every 2-3 hours 每天至少 8 次 At least 8 times a day	<b>15 - 30 毫升</b> <b>15-30 ml.</b> 每 2 - 3 小时 Every 2-3 hours 每天至少 8 次 At least 8 times a day	<b>30 毫升或更多</b> <b>30 ml. or more</b> 每 2 - 3 小时 Every 2-3 hours 每天至少 8 次 At least 8 times a day <i>必要时可增加次数</i> <i>Increase as needed</i>

若喂完奶后，您的宝宝看起来像是还没吃饱的样子，  
您就要再给他更多的补充品。

**If your infant still seems hungry after feeding, offer more supplement.**

- 以上所推荐的奶量会因您宝宝的年龄与过去喂奶状况而需有所调整。您的授乳顾问、护士或医护人员可以协助您作出决定。Depending on your infant's age and feeding history, the above volume recommendations may need to be adjusted. Your lactation consultant, nurse or health care provider can assist you in making this decision.
- 您可依照宝宝的情况与您个人的喜好，使用勺子、杯子、喂奶辅助仪器、或调速奶瓶方式来补充喂奶。请要求您的授乳顾问或护士帮助您决定哪种补充喂奶方式最适合您和您的宝宝。You may supplement your baby using a spoon, cup, supplemental nursing device or paced bottle method depending on your infant's condition and your personal preference. Please ask your lactation consultant or nurse to assist you in deciding which supplemental method is best for you and your infant.
- 每次喂完母乳后，每 2 - 3 小时使用品质优良的电动双泵挤奶器吸乳房 15 - 20 分钟。这个步骤是很重要的，可建立适当母乳供应量直到您的宝宝可以妥当地直接从乳房吸到母乳止。**Pump your breasts with a quality double electric breast pump after every feeding for 15-20 minutes every 2-3 hours.** This step is vital in order to establish an adequate supply of breast milk until your infant is transferring milk well directly from the breasts.

- 产后的头两周是哺乳的“关键”期。由于激素变化，丰富的母乳制造始于产后大约 72 - 96 小时（约 3 - 4 天）。在这时候若乳房内的奶水常常排空，那么母乳的制造会继续增加。若您的宝宝有哺乳的困难，无法吸光乳房内的奶水（每 2 - 3 小时），那么每 2 - 3 小时使用奶泵吸 **15 - 20 分钟是很重要的**，如此可以建立和维持足够的母乳哺喂您的宝宝。**The first 2 weeks postpartum are a “Critical” time in lactation.** As a result of hormonal changes, copious milk production begins around 72- 96 hours after delivery (about 3-4 days). At this time, milk production continues to increase if milk is removed from your breasts frequently. If your infant is having breastfeeding difficulties and is not able to empty your breasts with feedings (every 2-3 hours), then it is vital that you use your breast pump for **15-20 minutes every 2-3 hours** in order to establish and maintain enough breast milk to feed your infant.
- 出院后 1 - 2 天内要去见宝宝的儿科医生，可得知继续喂哺的相关建议。See your infant’s primary care provider within 1-2 days after discharge, for continued supplementation advice.

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